

Raisin Cinnamon Muffins

Makes: 48 or 192 servings

Ingredients	48 Servings		192 Servings	
	Weight	Measure	Weight	Measure
Light red kidney beans, canned, drained weight	1 lb 5 oz	3 1/2 cups (1/3 #10 can)	4 lb 4 oz	3 1/2 qt (1 1/4 #10 can)
Skim milk, fluid	1 lb 8 oz		6 lb	12 cups
Eggs	8 oz	4 eggs	2 lb	16 eggs
Salad Oil	8 oz		2 lb	
Brown sugar	11 oz		2 lb 12 oz	
Enriched all-purpose flour	1 lb		4 lb	
baking powder	1.1 oz	2 Tbsp + 2 tsp	4.4 oz	1/2 cup + 2 Tbsp + 2 tsp
Baking soda		2 tsp	1.1 oz	2 Tbsp + 2 tsp
Cinnamon, ground	.5 oz	2 Tbsp	2 oz	1/2 cup
Nutmeg, ground		1 tsp	.37 oz	2 Tbsp
Cloves, ground		1/8 tsp		1/2 tsp
Raisins	11 oz		2 lb 12 oz	6 cups, covered w/ water, drained

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	159	
Total Fat	5.4 g	
Protein	3.3 g	
Carbohydrates	NA	
Dietary Fiber	1.1 g	
Saturated Fat	NA	
Sodium	113 mg	

Directions

1. Rinse beans. Mash in bowl using paddle attachment of mixer.
2. Add milk gradually, continuing to mash.
3. Beat in eggs, oil, and brown sugar.
4. Combine dry ingredients and raisins. Add to bean mixture, mixing just until moistened. Do not over mix.
5. Portion batter into prepared paper-lined muffin pans, using #16 dipper (1/4 cup).
6. Bake in 400 degree Fahrenheit oven for 15 minutes or until golden brown.

Notes

Any leftover unspiced cooked dry beans may be used for this recipe.